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DEPARTMENT OF PSYCHOLOGY

PURPOSE IN LIFE, REASONS FOR LIVING AND COPING AS MEDIATORS OF THE RELATIONSHIPS AMONG PSYCHOLOGICAL CONCONITANTS OF SUICIDAL IDEATION

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UNDER THE SUPERVISION OF
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Suicidal Behavior

- Suicide is the act of intentionally killing yourself, most often as a result of depression or other mental illness.

- Suicidal behavior is termed as an inability to cope with the demands of life.

- Thoughts and plans about suicide are called suicide ideation.

- Suicide usually results from the interaction of many factors, usually including stressful life events.

Classification : Types Of Suicide –

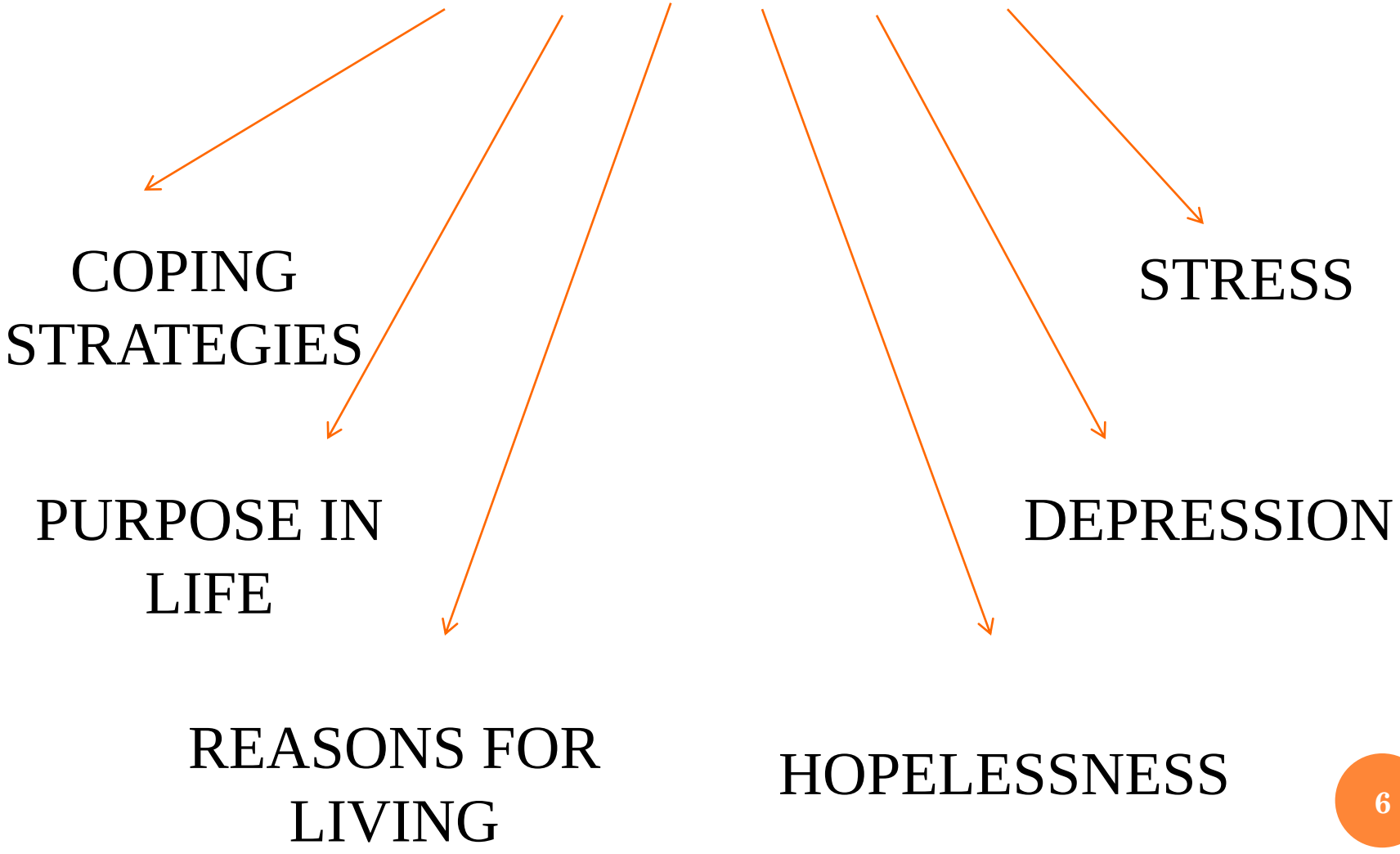
- **Euthanasia-** Individuals who wish to end their own lives may enlist the assistance of another party to achieve death.

- **Murder–suicide-** A murder–suicide is an act in which an individual kills one or more other persons immediately before or at the same time as him or herself.

- **Suicide attack-** A suicide attack is an act in which an attacker perpetrates an act of violence against others.

- **Escape-** In extenuating situations where continuing to live would be intolerable, some people use suicide as a means of escape.

OPERATIONAL DEFINITION OF THE VARIABLES OF THE STUDY



COPING STRATEGIES

- Constantly changing cognitive and Behavioral efforts to manage specific demands (Folkman and Lazarus, 1984).

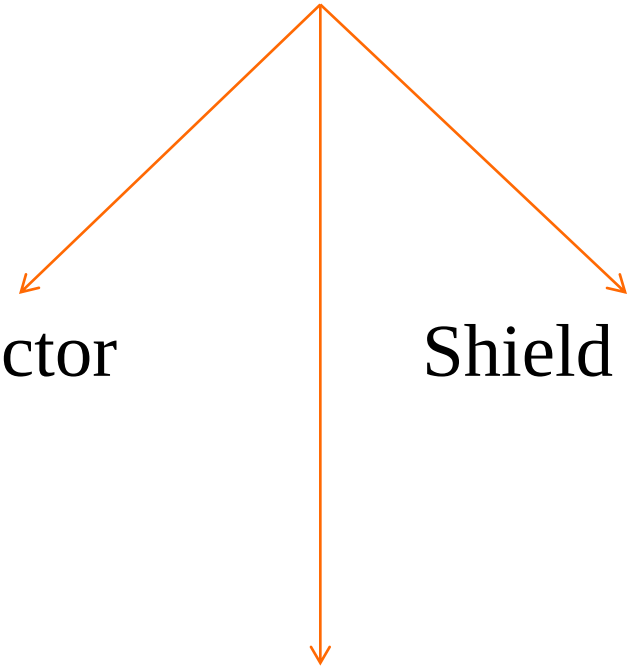
- Thoughts and behaviors that are used to manage or cope with stressful situations.

PURPOSE IN LIFE

Deeply entrenched in the philosophical and religious conceptions.

- ✓ Contributes to the well being
- ✓ Helps protect against depression
- ✓ Indirectly protects against suicidal behavior.

REASONS FOR LIVING



Protective factor

Shield from negative actions

Help Shield individuals from negative thoughts

STRESS

- Describes a negative concept that can have an impact on one's mental and physical well-being.

- Being used in biological and psychological circles
  - Mental strain,
  - Unwelcome happening (could cause illness)

DEPRESSION

It is a common mental disorder that presents –

- Depressed mood,
- Loss of interest or pleasure,
- Feelings of guilt or low self-worth,
- Disturbed sleep or appetite,
- Low energy, and
- Poor concentration.

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- These can become chronic and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities.

- At its worst, depression can lead to suicide.

HOPELESSNESS

It’s a feeling that one’s condition in life is poor and will not get better, that things are beyond hope.

This may lead, reflect to or be associated with -

- Apathy
- Cynicism
- Depression
- Learned Helplessness
- Pessimism
- Suicide.

METHODOLOGY

- Rationale
- Implications
- Aims & objectives
- Hypotheses
- Sample of the study
- Design of the study
- Measures of the study
- Statistical Analysis
- Limitations

Rationale

- The World Health Organization (WHO) estimates that it is the 13th leading cause of death worldwide and 3rd ranked for youth (American Association of Suicidology, 2007).

- India has the highest suicide rate in the world. About 95 – 100 people commit suicide everyday of which 40% are adolescents (CNN-IBN Report, 2010).

- Kerala, the only fully literate state in India shocks with the highest number of suicides and on the other hand states like Uttar Pradesh and Bihar with lowest literacy reports minimum cases of suicide.

- Understanding the chain of events that leads to suicidal behavior is therefore vital for psychologists interested in promoting individuals' well-being.

- Compared to suicide risk factors, factors that may buffer stressors and protect individuals from suicide have received less attention.

- Because these positive factors are vital in understanding the strength and resiliency that help prevent persons who experienced stressors from committing suicide, neglect of these factors prevents a full understanding of suicidal behavior.

- As such, the current study has been designed to explore the roles of coping, purpose in life, and reasons for living in protecting against suicide in a college sample.

Implications

- Therapists could, for example, work with clients to explicitly detail positive factors in their lives.

- Enumerating this list of “positives” or reasons for living, and assigning homework to regularly recite the list and describe reasons for each factor’s importance, may help counter the cycle of automatic negative thoughts and beliefs that is so prominent in depression and suicide.

- This study may give vital insights to the counselors and suicide prevention specialists

- Such a tactic is also consistent with recent experimental evidence that simply writing down things that go well and their causes each day increases happiness and decreases depression.

- Existential and humanistic therapies have long focused on meaning and, indeed, mounting evidence underscores the importance of meaning both in fostering well-being and combating psychological malaise (see Lightsey, 2006).

- Focusing on and augmenting the positive factors in a client's life may also promote positive affect, which in itself may aid therapeutic change.

Aims and objectives

- To study the relationship between depression behavior.
- To study the relationship between hopelessness and suicide.
- To study the mediating effect of purpose in life, reasons for living and coping on the relationship between depression, hopelessness and suicide.

Hypotheses

- There will be a positive relationship between depression and suicidal behavior.

- There will be a positive relationship between hopelessness and suicidal behavior.

- Greater use of problem-oriented coping and less use of emotional-oriented coping would predict a lower likelihood of suicidal thoughts and behaviors.

- Purpose in life and reasons for living will predict suicidal ideation and behavior directly and inversely

Sample of the study

- The sample size of the study will be 200.

- The participants will comprise of students, between the age group of 17 – 19 years from the private colleges of Jaipur city.

The detail of the sample is as given below:

College going Girls	College going Boys	Total
100	100	200

These individuals will be selected with the following criteria of inclusion and exclusion.

Inclusion criteria:

1. Only the first year students will be included in the study.
2. The age group will be between 17-19 years.
3. All individuals will be from middle to upper-middle class.

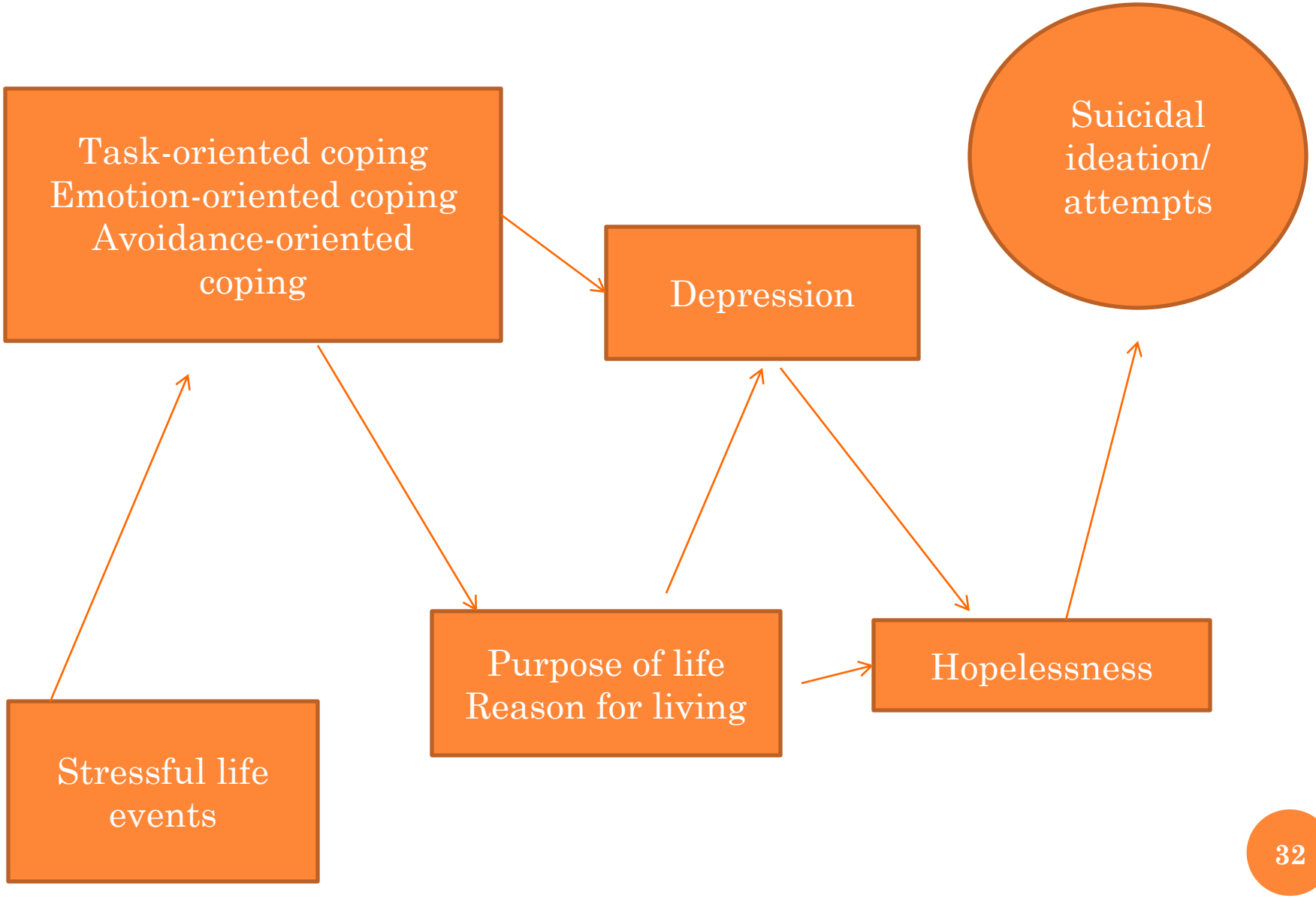
Exclusion criteria:

1. All individuals below the age of 17years and above the age of 19 years.
2. Due to limited time and purpose of the study and to bring unity to the sample all individuals studying in government colleges and constituent colleges of the state university.
3. All second and third year students.
4. All dropouts or unsuccessful candidates from previous year who are in the first year at the time of study.
5. Individuals suffering from physical disabilities or serious psychiatric disorders.

In the present study purposive sampling technique will be employed.

Design of the study

- A correlational design will be used to conduct the study.


Task-oriented coping
Emotion-oriented coping
Avoidance-oriented coping
Depression
Suicidal ideation/ attempts
Stressful life events
Purpose of life
Reason for living
Hopelessness

Measures of the study

1. Purpose in life scale (Ruff, 1989)
2. Reasons for living inventory for young adults (Gutierrez et al., 2002)
3. Coping inventory of stressful situations(Endler & parker, 1990)
4. Beck’s depression inventory (Beck, 1961)
5. Suicidal behavior questionnaire (Osman et al., 2001)

Statistical Analysis

- Mean
- Standard deviation
- Correlation
- Regression analysis
- Other relevant higher statistical measure.

Limitations of the study

- The correlational design of study cannot demonstrate causation.
- Sample is limited to college students.
- Study will require validation of results on clinical, community and older adult samples.

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THANK YOU